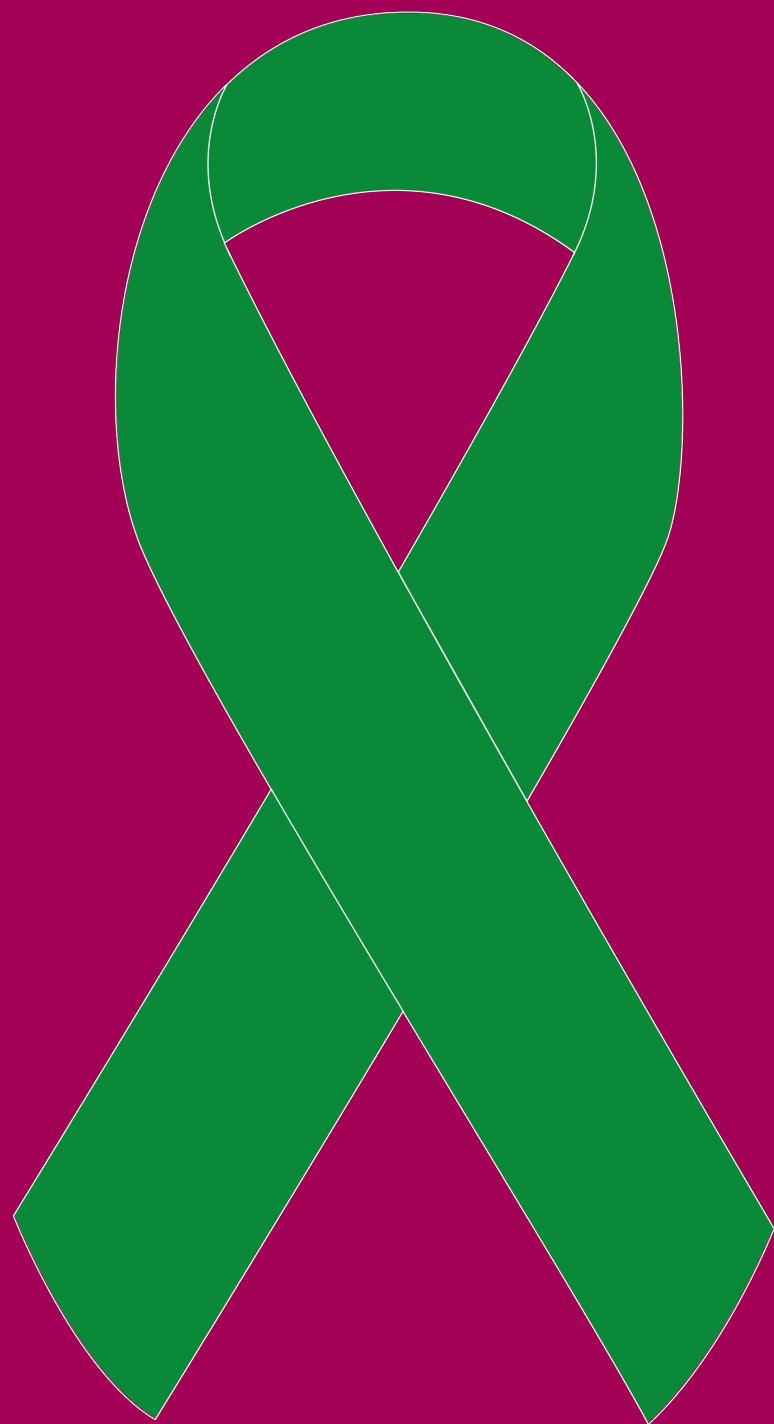




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Foundation

Wear the green ribbon
to raise awareness and
support good mental
health for all.



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Talking about your
feelings can help you stay
in good mental health
and deal with times when
you feel troubled.



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Regular exercise can
boost your self-esteem
and can help you
concentrate, sleep, and
look and feel better.



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None of us are
superhuman. If things
are getting too much for
you and you feel you
can't cope, ask for help.



Good mental health for all.
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